




FEBRUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call us for more information!</p>  <p>(305) 805-5160</p>				
2	3	4	5	6
<p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Picadillo</p> <p>12:15 pm – BINGO</p>	<p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: BBQ Chicken</p> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Pork</p> <p>12:15 pm – MS/VG Senior Citizens’ Club Meeting</p>	<p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Bistec en Cazuela</p> <p>12:45 pm–Grocery Shopping</p>	<p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center)</p> <p>11:30 am – LUNCH: Tuna Salad & Soup</p> <p>Raffle Items on Display:</p>
9	10	11	12	 13
<p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Stuffed Cabbage</p> <p>12:15 pm – BINGO</p>	<p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Herbed Chicken</p> <p>12:05 pm – POISON AWARENESS - Maritza Lopez, Catholic Hospice</p> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded Pork Sandwich</p> <p>12:15 pm – MAYOR’S REPORT – Mayor Xavier Garcia</p>	<p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Roast Turkey</p> <p>Raffle Items Awarded</p> <p>12:45 pm–Grocery Shopping</p>	<p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center)</p> <p>11:30 am – LUNCH: Breaded Fish Wedge</p> <p>Valentine's Day Celebration (Wear red today!)</p>
16	17	18	19	20
<p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Brisket of Beef</p> <p>12:15 pm – BINGO</p>	<p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Arroz con Pollo</p> <p>12:05 pm – CRIME WATCH PROGRAM MSPD Community Policing Office</p> <p>12:30 pm – TAI CHI (Class is at the Community Center)</p> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Pulled Pork</p> <p>4:00—7:00 pm: COMMUNITY SHRED DAY at the pool parking lot</p>	<p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion)</p> <p> 12:00 pm - BIRTHDAY & ANNIVERSARY PARTY</p> <p>11:30 am – LUNCH: Meatloaf</p> <p>12:30 pm – TAI CHI (Class is at the Community Center)</p> <p>12:45 pm–Grocery Shopping</p>	<p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center)</p> <p>11:30 am – LUNCH: Vegetarian Lasagna</p> <p>1:15 pm – FIELD TRIP: WAL-MART \$.50/person (16 may go)</p>
23	24	25	26	27
<p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Baked Ham</p> <p>12:30 pm – BINGO</p>	<p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Ropa Vieja</p> <p>12:30 pm – TAI CHI (Class is at the Community Center)</p> <p>1:00-4:00 pm: INCOME TAX PREPARATION ASSISTANCE</p>	<p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Turkey</p> <p>12:15 pm -: DIABETES BINGO -American Diabetes Association</p> <p>12:30 pm – ART CLASS (Class is at the Senior Center)</p>	<p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes are at the Curtiss Mansion)</p> <p>11:30 am – LUNCH: Chicken Cacciatore</p> <p>12:30 pm – TAI CHI (Class is at the Community Center)</p> <p>12:45 pm–Grocery Shopping</p>	<p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class is at the Senior Center)</p> <p>11:30 am – LUNCH: Egg Salad & Soup</p> <p>12:15 pm – NUTRITION EDUCATION: “FOODS THAT CAN SAVE YOUR HEART”</p>